



### Your Doctor Can ...(continued)

- Check your urine yearly for microalbumin. The microalbumin urine test measures very small amounts of protein present in the urine, an early sign of kidney damage. If your kidneys are working properly, you should not have any protein in your urine.
- Refer you to a diabetes nurse and a dietitian to help you learn more about managing your diabetes.
- Ask you about symptoms of bladder or kidney infections.
- Help you quit using tobacco and find a freedom from tobacco program.
- Refer you to a nephrologist (a doctor that specializes in kidney problems) if kidney damage develops.

Exercising, eating well, achieving normal blood glucose and blood pressure can help to reduce your risk of kidney disease.



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# Diabetes & Your Kidneys



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# Diabetes And Your Kidneys...

Kidney disease can be a serious problem if you have diabetes.

The kidneys help remove harmful wastes from your body. Diabetes can damage the many small blood vessels in the kidneys, which may lead to kidney failure.

## Diabetes And Kidney Disease...

Nephropathy (disease of the kidneys) causes the small blood vessels in the kidneys to lose their ability to remove wastes from your body. Waste that is not removed will lead to poor health.

Kidney damage can be caused by years of ...

- High blood glucose
- High blood pressure
- Kidney infections

Some people with kidney damage need to be placed on dialysis that filters waste out of the blood. Others may receive a kidney transplant.

## What You Can Do To Help Prevent Kidney Damage...

See your doctor regularly for diabetes care.

Achieving your blood pressure goals is very important in preventing heart disease.

- Have your blood pressure checked regularly. If your blood pressure is higher than 130/80 mmHg, ask your doctor to help you lower it.
- If you take medicine to help control your blood pressure, don't stop unless your doctor tells you to.
- Talk to your pharmacist if you have questions about your medications.

- Take an ACE inhibitor if prescribed.
- Cut back on the amount of salt you eat:
  - Use herbs and spices to season foods.
  - Limit canned, processed and fast foods.
  - Leave the salt shaker off of the table.

If you smoke or use other tobacco products, QUIT! Call toll-free the South Dakota Quit Line (1-866-737-8487) for counseling support as you quit.

Follow a meal plan low in saturated fat and cholesterol, sweets and salt.

Reach and maintain a healthy weight.

Exercise regularly. Check with your doctor before you start an exercise program.

Be alert for bladder or kidney infections. Call your doctor right away if you:

- feel pain or burning when you urinate
- have to go to the bathroom often
- have blood in your urine

## Your Doctor Can ...

- Help you understand how diabetes and kidney disease are related.
  - Help you to use your blood glucose results to achieve your diabetes goals.
  - Check your blood pressure regularly and prescribe medication, if needed.
- A type of medicine called ACE inhibitors may be beneficial in preventing, treating and slowing kidney disease. Achieving normal blood pressure is very important.

